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Disability Etiquette and You

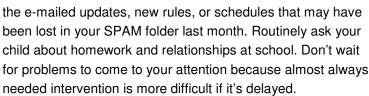
ear of the unknown and lack of knowledge about how to act can lead to uneasiness when meeting a person with a disability. When supervisors and co-workers use "disability etiquette," employees with disabilities feel more comfortable and work more productively. Disability eti-



quette is a broad subject with history and research to support it. Here are some etiquette tips you might find helpful; don't automatically give assistance to a disabled person but instead ask first if the person wants help; when walking with a person who is using a guide dog, walk on the side of the person opposite the dog. To learn more about disability etiquette, download a disability etiquette guide at www.unitedspinal.org.

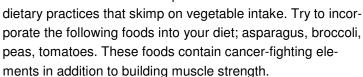
School's Begun! **How's It Going?**

ith school in full swing, consider these tips to help keep things moving in a positive direction. Have a small back-to-school party to help your child bond with new friends. Get



Mcn—Eat More Veggies!

he federal government has designated September as "Fruits and Veggies Matter Month." This is a good opportunity to start learning more about improving your diet. Research shows that men are more at risk for cardiovascular disease, stroke, and certain kinds of cancers because of poor



Source: http://www.fruitsandveggiesmatter.gov .

Harassed, but Not Telling?

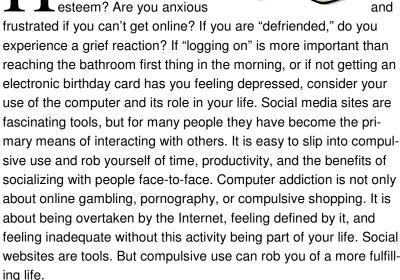
re you being harassed at work, picked on, or bullied, but staying silent about it? It's important to speak up. Say "no" and ask the person to stop the unwanted behavior. Don't hesitate to ask for help from a person who can assist you-human re-

sources, your EAP, your supervisor, the next level manager, or even a good friend. Suffering in silence is a recipe for building frustration, anger, and resentment. Your agency wants you to be happy at work.



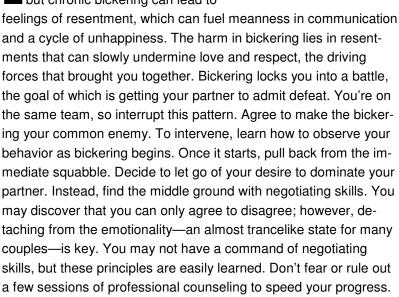
Surrendering to **Social Websites**

as a website like Facebook become critical to your selfesteem? Are you anxious



You Can Stop the Bickering

t's normal to disagree or argue with those we care about or love, but chronic bickering can lead to



Is Alcohol Making the Rules?

f you are trying to reduce drinking-related problems by creating guidelines and restrictions to control your con-



sumption, consider a professional assessment to rule out alcoholism. In the course of the illness, it is not uncommon for alcoholics to experiment with rules that they hope will prove or demonstrate that they are still "in control" of alcohol. This process is a natural part of denial. These rules may include vows to never drink until after a certain time of day (e.g., 5 p.m.), avoiding types of alcoholic beverages that have caused "problems" in the past, enlisting help from others to count drinks at social events, or planning abstinent periods ("going on the wagon") at specific times during the year. Drinking from smaller glasses may also be attempted. None of these practices demonstrate control over alcohol. They are indicators of loss of control, a key symptom of the disease.

Do You Have Social Anxiety Disorder?

o you experience intense anxiety, have a pounding heart, sweat, shake, or even get an upset stomach at the



thought of attending certain social events? Unexpected casual gatherings of coworkers where social competence is a must, giving a presentation, or suddenly finding oneself the center of attention can bring about debilitating anxiety for some. These are signs of a possible social anxiety disorder. Social Anxiety Disorder is not shyness. It is associated with fear of being watched, being criticized, and others having negative opinions of you. Don't let this condition disrupt your quality of life and relationships with others. A counselor or your EAP can help you find resources to help you with this very treatable and common condition.